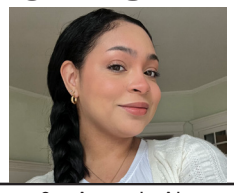
COMMUNITY



Page 3 – Amanda Almanzar in 4 Daughters Minus 1, 2000 A.D.

EL CENTRAL HISPANIC NEWS

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COMMUNITY

8TH ANNUAL COPA MOTOR CITY

Pages 8-9 – Copa Motor City Soccer photo highlights

El Chinchorreo
Detroit bajo el sol del Caribe

Escrito y fotografiado por Alejandro Ugalde

A finales de agosto, en una tarde soleada de domingo, el oeste de la avenida McGraw se transformó. Vibrando con una energía caribeña, se convirtió en el colorido espectáculo de un evento cariñosamente llamado "El Chinchorreo", una celebración tradicional puertorriqueña y dominicana, organizada durante cuatro años por Sheila Santos, residente de Detroit; y aunque no hubo un programa oficial ni un lugar predeterminado, la alegría y la espontaneidad de la celebración fueron evidentes, desde los suaves acordes de la bachata hasta los ritmos del dembow y el reggaetón, la ciudad de Detroit fue, por un día, tan caribeña como la isla más bañada por el sol.

cont. en la pág. 2

El Chinchorreo
Detroit's Day Under the Caribbean Sun

Women, men, and children come together, capturing the inclusive spirit of "El Chinchorreo"

Written and photographed by Alejandro Ugalde

On a sunny Sunday afternoon in late August, the west side of McGraw Ave transformed. Pulsating with vibrant Caribbean energy, it became the colorful backdrop to an event affectionately called "El Chinchorreo", a four year traditional Puerto Rican and Dominican celebration organized by Detroit resident Sheila Santos. Though there was no official program or predetermined site, the sheer joy and spontaneity of the celebration were evident. From the soft strains of bachata to the rhythms of dembow, and reggaeton, Detroit was, for a day, as Caribbean as the most sun-kissed island.

cont. on pg. 2

For more information about the local talent in this production, please visit pg. 3

Engaging Detroit:
Rep. Rashida Tlaib creates Youth Civic Engagement Fellowship

By Juanita Zuniga

Congresswoman and Southwest Detroiter, Rashida Tlaib is engaging BIPOC (Black, Indigenous, Person of Color) youth through a transformative new civic engagement fellowship she started in 2020.

The fellowship, called the Mama Lila Cabbil Youth Engagement Fellowship, now in its third year, is named after one of the many life-long, visionary Detroit Activists who inspired Congresswoman Tlaib.

Fifteen fellows from the new 12th Congressional District are chosen every year for a new cohort to learn valuable organizing skills, about social justice issues, and how to mobilize voters around these issues. The program is an 8-month fellowship held remotely, with some in-person aspects, as well.

The fellowship is doing more than just educating Detroit youth. It is empowering and providing a space to expose young folks to the power they have to change their communities for the better.

"I wanted a fellowship that exposed movement work to our young people in a way that's beyond what they see on social media, actual people that experienced the seventies and the eighties and that have been fighting for access to clean water, environmental injustices and so forth. I always tell this to participants, I don't want them intimidated by the government," said Congresswoman Rashida Tlaib.

And, the program has done just that.

The goal of the fellowship is to bring younger people into this conversation while also motivating and inspiring them to be more involved in their community—that means making sure they have a say in what's happening and who is making the decisions.

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Amanda Almanzar in 4 Daughters Minus 1, 2000 A.D.

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El Chinchorreo

Con't from pg. 1

Written and photographed by Alejandro Ugalde

The heart of Dominican cuisine in Detroit, from left to right Edra Tolentino (owner), and Astiage Acosta (owner), pose with the event organizer Sheila Santos at the city's sole Dominican restaurant: Asty Time

A group of men are deep in a spirited game of dominoes, a beloved Caribbean tradition that fosters community and connection, all played on a table that celebrates both Puerto Rican and Dominican flags

As the beats blare, attendees gather around one of the striking "car audio" setups. Born out of a passion for sound and community, the vibrant culture of car audio fills the streets with the unapologetic resonance of music

A young cyclist proudly wears a Puerto Rican jersey, letting the vibrant colors of his heritage shine through every pedal

Joey Washington, the proud owner of Queen D's Cuisine, stands with his new culinary venture, bringing Puerto Rican flavors to Detroit's streets

Jesús Anduar Correa owner of C&M Auto Sales on Livernois, observes the "Chincorreo" festivities

Jesús Anduar Correa waves the Puerto Rican flag high. When asked about the bond between Dominicanos and Boricuas, he shared: "Participamos juntos porque somos amantes del merengue, la salsa y la bachata" (We are united because we are latinos, unified by our love for merengue, salsa, bachata).

Joel Torres amps up the atmosphere, from his artillery-like speakers, a nod to the Dominican "car audio" movement of New York

Amanda Almanzar in 4 Daughters Minus 1, 2000 A.D.

By: Ozzie Rivera

Amanda Almanzar will play a key role in the upcoming play 4 Daughters Minus 1, 2000 A.D. which will be held at Wayne State University's Community Arts Center Auditorium on Saturday September 16th, 2023 at 5pm. Born in the Bronx, New York and now a resident of Detroit Amanda plays the role of Ruth in her first professional theater role.

4 Daughters Minus 1, 2000 A.D. is written directed and produced by native Detroiter Timberly Robinson of Luvinwhatido Productions. She is a Wayne State University and Cass Tech alum. As described in her press release the play "… takes place in a beautiful theater in the 21st century as the world celebrates the writings inspired by Father Yahweh. Four of his royal daughters (Ruth, Queen Bathsheba, Elizabeth and the Woman at the Well) as well as Elijah have been asked by the committee to share insights about some of his work including literature written by King David, King Solomon and from the Book of Ruth." As the release continues it states "Everything is perfect until an uninvited daughter named Jezebel shows up. Her mission is to confront the father about the literature portraying her negatively……"

Amanda Almanzar shared with me a little bit about herself and what underlies her love of the performing arts. Born in the Bronx she lived there till age 19, when she moved to the metro Detroit area. Later she would relocate to Detroit's midtown area. Amanda considers her move to the Midtown area one of her best decisions since leaving New York as the area reminds her a lot of that city given Midtown's multicultural and urban environment. As she stated it brings her back to a "community feeling" she experienced growing up in New York. From an early age she has been singing and dancing. More than once she emphasized that she enjoys entertaining. She started performing contemporary lyrical dance. As a teenager she found it to be a medium through which she could express her emotions. Amanda was a member of the Performer's Edge Dance Academy based in the Throgsneck neighborhood of the Bronx, then later as a member of the Elite Stars Dance Academy. With the Elite Stars she was selected to be in the ensemble that officially represented the studio. Recently Amanda completed her Associates in Arts Degree from Oakland Community College, where she took classes in arts appreciation, acting and theater among other courses.

Amanda found that being part of the cast for 4 Daughters Minus 1, 2000 A.D. motivated her to explore the power of theater performance. From learning the process of how a production is put together and rehearsing with fellow cast members while also focusing on her individual role has led to professional growth. Playing the role of Ruth resonates with her as she grew up "in the church". She is familiar with the bible. Thus, she relates to Ruth's role in the play, her struggles and how she came out on the "other side" of tribulations. Amanda learned how to "push herself" and explore her potential. A life-long learner this production has given her the opportunity to learn more about collaboration, the power of studying and emulating her role.

Amanda does not want to be limited to one career path. She has a passion for helping and connecting with people. She developed that passion in New York as a direct service provider working with children with disabilities. She is currently employed in the area of community mental health at Starfish Family Services in a front desk referral/assessment capacity. She values the fact the agency assists families develop skills in preparation for their self-discovery and development.

As we moved towards the end of our conversation, I asked what felt important to her as a performer and individual. She immediately talked about the importance of understanding and appreciating her Afro Latina culture and identity. Her father is from the Dominican Republic and her mother from Belize. She credits her upbringing with her gaining an understanding that culture is very important, makes us who we are and is so entwined with so many aspects of our being. She noted that when she first moved to Michigan, she lived in one of Detroit's suburbs and for that short period of time she felt "homesick". She realized then she needed to be around the music, culture and traditions she was bought up with.

I was impressed with Ms. Almanzar's enthusiasm and energy. This bodes well for her future endeavors. Let's keep a lookout!

Amanda Almanzar in Four Daughters

For more information on Luvinwhatido Productions contact Timberly Robinson at marketing@4daughtersminusone.com General Admission tickets purchased on Eventbrite are $25 and $40. Tickets purchased at the door are $45. Any group with 20 or more attendees should contact marketing@4daughtersminusone.com for discounted rates based on availability.

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Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Engaging Detroit: Rep. Rashida Tlaib

Con't from pg. 1

"In this (fellowship) your voice gets heard. It doesn't matter how old you are, it matters what you do. You actually have the ability to do something and you are able to do it and you just get a sense of fulfillment," said current fellow, Noura Alfaady.

Layla Taha, program manager for Mama Lila Cabbil Youth Engagement Fellowship , works hard to ensure that the fellows receive a robust curriculum that continues to inspire them to speak up. This is where the student meets the teacher. Taha invites guests, who are local activists and organizers from Detroit, to facilitate trainings on issues impacting our Detroit communities.

"We've received two different organizing trainings where we brought community organizers in to teach them how to organize. We've had two different communications training sessions to prepare them for having those kinds of conversations. We've done coalition building training, so we've done a lot of different training around how to organize and how to engage in your community," Taha said. "We've also covered a lot of issues in terms of criminal justice reform, environmental justice, specifically focusing on the water crisis in the US and how that's affected places like Flint and Detroit, we've covered a wide range of topics and we talk about them through a very progressive lens."

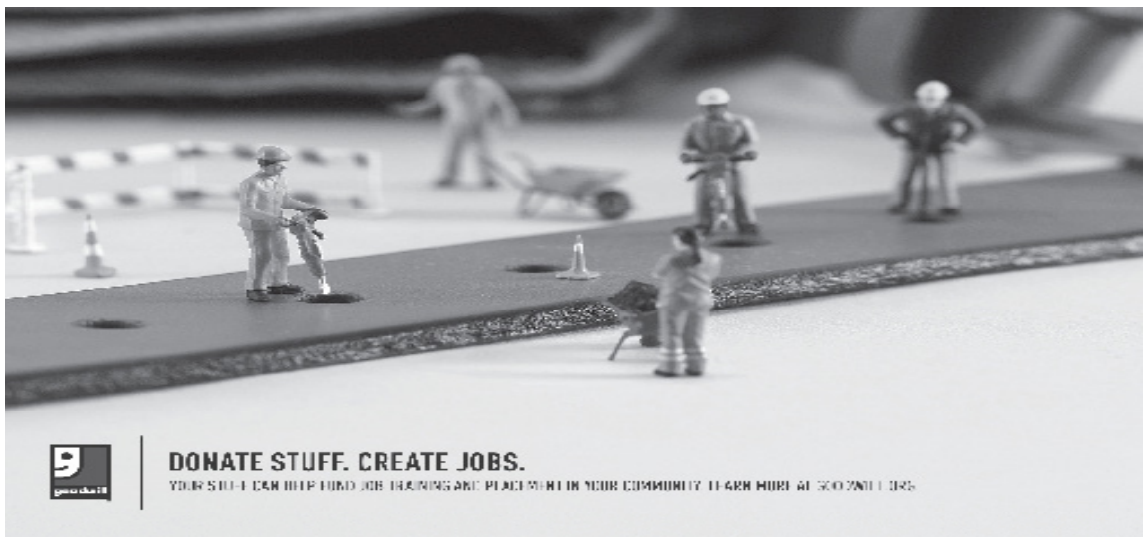
Along with sparking interest in our young leaders of tomorrow, the fellowship, created by Tlaib, allows for students from all across Metro-Detroit to connect on a deeper level. Not only are they learning about issues affecting their communities but they also get to learn about each other, what they're passionate about, and create a great bond through advocacy and community engagement.

"I really love talking to my colleagues, the people in the fellowship are literally so cool. I've never met other students like the students in the fellowship here," said Desmond Kuhn, current program fellow. "Getting to go to this (fellowship) where I can meet people who are just as passionate about social justice makes me so happy."

The fellowship will be preparing for its future cohorts and is looking to get more Detroit youth involved. If you know any students interested in participating, email Layla Taha about the next fellowship deadline at layla@rashidaforcongress.com.

Congresswoman Rashida Tlaib, pictured fourth from left, with participants who have completed the Youth Engagement Fellowship, from left, Karis Robinson-Larsosa, Noura Alfoaady, Desmond Kuhn, Rep. Tlaib, Dearborn Mayor Abdullah Hammoud, Keion Franks, Layla Taha and Huda Yaseen

Juanita Zuniga is a graduate of Kalamazoo College with a degree in Anthropology/Sociology and English. She was born and raised in SW Detroit and still resides here today. She is very passionate about her community and hopes to serve her community through writing. Juanita is a Latin history and music enthusiast in her spare time. She is also a Cancer Sun, Libra Moon, and Cancer Rising.



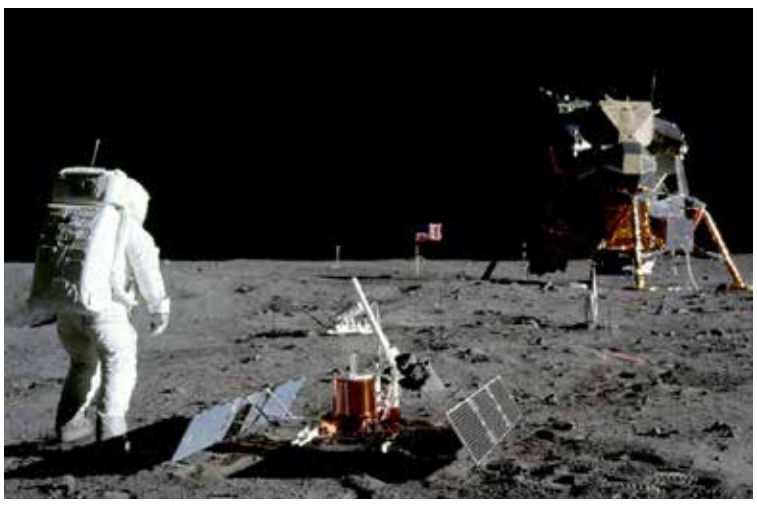
SPECIAL, WORLD'S CULTURES

What is the Present in time?

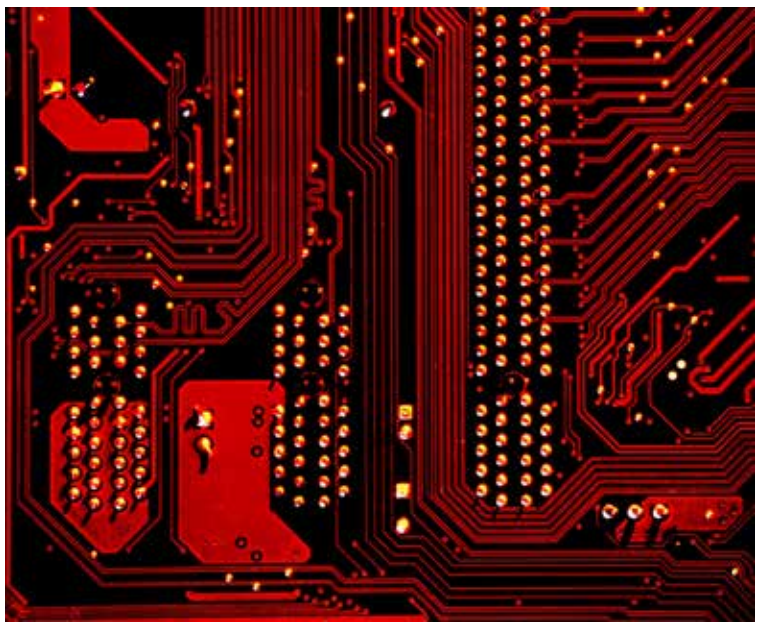
What is the present in time? Where does the 21st century begin?

One of the most problematic reflections of contemporary history, come from the Second World War, and the concept History of the present time, being unavoidable to ask ourselves: What is the present? How long does it last? How can we understand it? How has it been understood? The author Reinhart Koselleck, makes a reflection on how the concept of History of the present time is built, which arises as a product of the Second World War with the German Institute for the history of the nationalist era.

When we think of history we do not think of formulas such as physics, although the most important tool in history is time, since history belongs to the world of metaphorical abstraction, therefore, it can be said, to the literary world of fiction, although for many historians this can generate aversions; However, isn't history then a quasi-fictional retelling of events?



Historical reflections arise from the review of vestiges, whether material or from memory. Thus, we do not access the past, but its traces: Quod non est in actis, non est in mundo. The past is what history builds and analyzes on; The same historical structure separates time and allows it to be analyzed from different temporal levels, understood as analytical structures, through which a review of events is carried out. These are approached from two opposites: either in a linear way where events are perceived as running along a temporal thread; whether circular, which implies returns, recurrence, repetition. However, when the temporal sequences are reviewed, they all contain these two opposites, since even in a linear vision there are returns and repetitions.



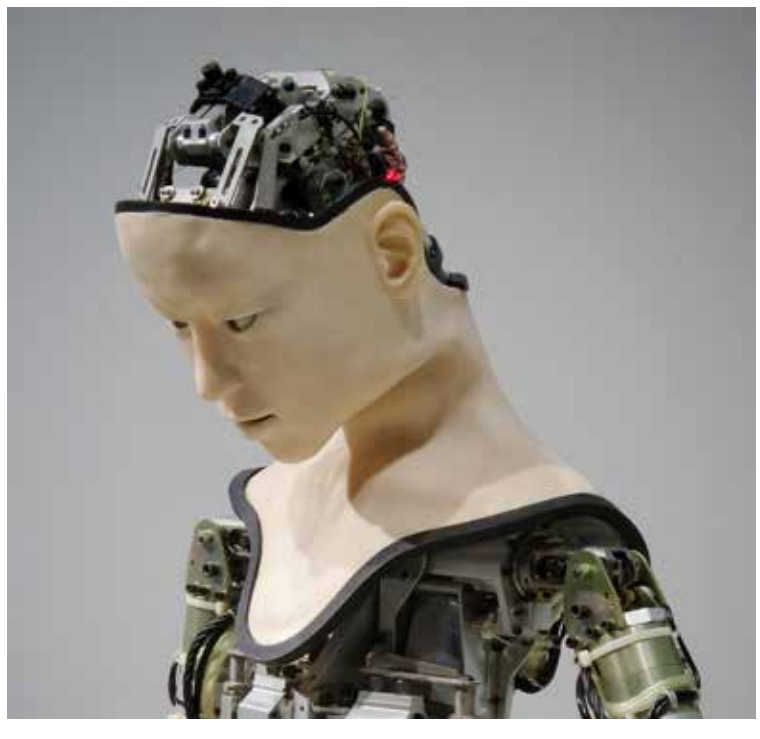
If we associate the following with events such as what happened in World War II with nuclear bombs, there is a linear vision that seeks to reconstruct how the United States came to the construction and use of these bombs, while circularity would tackle causes that refer to the ideologies of the time and its contraindications: what was thought of the countries of the axis.

We might ask ourselves: what was the result of these wars? And not in terms of territories, but also of processes and rethinking of identity that inevitably leads us to the idea of what present time is and how long it lasts, because, ultimately, it seems to be the only time that human beings have. , because even when the historian resorts to the past, be it to understand the traces or the symbols, this past is brought as present with narratives that describe and analyze it.

For the historian Jacques Le Goff, the long Middle Ages and the Renaissance are part of the same transition of thought. From this, we propose a transition that goes from a 19th century that begins with the independence of the American colonies and ends with the First World War. A very brief 20th century that includes the two world wars. And a 21st century that begins with the cold war, the space race, the technological war. Being this XXI century a century that distances the human being and leads him to digitization.

In 2001, the film Matrix by the Wachawski brothers was released, in which the world of virtual reality and augmented reality was addressed, questioning its ravages and affections to the experience of the physical body despite the fact that the event was lived from the abstract body .

Thus, in an era that has been called the Anthropocene since 2000, as an era in which the world is subject to the changes generated by the intervention of human beings with their presence and that of their waste, a world of consequences human beings and a human being as a causal being. The current time, the present time, more than ever, is a human time.



Thus, we can detect some layers on which the perception of time in history is built, and that to a certain extent responds to the questions that are asked of the concept of the History of present time, where our perception of reality as part of the meaning given to the human being in his relationship with the world after the world wars, the atomic bomb and the cold war.

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ESPECIAL CULTURAS DEL MUNDO

¿QUÉ ES EL PRESENTE?

¿Qué es el presente, dónde inicia el siglo XXI?

Una de las reflexiones más problemáticas de la historia contemporánea, devienen de la Segunda Guerra Mundial, y el concepto *Historia del tiempo presente,* siendo ineludible preguntarnos: ¿Qué es el presente? ¿Cuánto dura? ¿Cómo lo podemos entender? ¿Cómo ha sido entendido?

El autor Reinhart Koselleck, hace una reflexión sobre cómo se construye el concepto de *Historia del tiempo presente,* la cual surge como producto de la Segunda Guerra Mundial con el *Instituto alemán para la historia de la época nacionalista.*

Cuando pensamos en la historia no pensamos en fórmulas como la física, aunque la herramienta más importante de la historia sea el tiempo, pues la historia pertenece al mundo de la abstracción metafórica, por tanto, se puede decir, al mundo literario de la ficción, aunque para muchos historiadores esto puede generar aversiones; sin embargo, ¿no es pues la historia una ilación cuasi ficticia de los eventos?

Las reflexiones históricas surgen de la revisión de vestigios ya sean materiales o de la memoria. Así pues, no accedemos al pasado, sino a sus huellas: *"Lo que no está registrado, no está en el mundo"*. El pasado es sobre lo que construye y analiza la historia; la misma estructura histórica separa el tiempo y permite analizarlo desde diferentes niveles temporales, entendidas como estructuras analíticas, a través de las que se lleva a cabo una revisión de los acontecimientos. Estos son abordados desde dos opuestos: ya sea de forma lineal donde se perciben los sucesos como si corrieran por un hilo temporal; ya sea circular, que implica los retornos, lo recurrente, la repetición. Sin embargo, cuando se revisan las secuencias temporales, todas contienen estos dos opuestos, puesto que incluso en una visión lineal hay retornos y repeticiones.

Si asociamos lo siguiente a eventos como lo sucedido en la Segunda Guerra Mundial con las bombas nucleares, hay una visión lineal que busca reconstruir cómo llegó Estados Unidos a la construcción y uso de estas bombas, mientras lo circular atajaría causas que remiten a las ideologías de la época y sus contraindicaciones: qué se pensaba de los países del eje.

Podríamos preguntarnos: ¿cuál fue el resultado de estas guerras? Y no en términos de territorios, sino también de procesos y replanteamientos de identidad que nos lleva ineludiblemente a la idea de qué es el tiempo presente y cuánto dura, pues, a final de cuentas parece ser el único tiempo con el que cuenta el ser humano, pues incluso cuando el historiador recurre al pasado ya sea para entender las huellas o los símbolos, este pasado es traído como presente con narraciones que lo describen y analizan.

Para el historiador Jacques Le Goff, la larga Edad Media y el Renacimiento son parte de la misma transición del pensamiento. De ello, proponemos una transición que va de un siglo XIX que comienza con las independencias de las colonias americanas y cierra con la Primera Guerra Mundial. Un brevísimo Siglo XX que incluye las dos guerras mundiales. Y un siglo XXI que inicia con la guerra fría, la carrera espacial, la guerra tecnológica. Siendo este siglo XXI un siglo que aleja al ser humano y lo lleva a la digitalización.

En 2001 se estrenó la película Matrix de los hermanos Wachawski, en esta se abordaba el mundo de la realidad virtual y realidad aumentada, se cuestionaban estragos y afecciones de ésta a la experiencia del cuerpo físico pese a que el suceso fuera vivido desde el cuerpo abstracto.

Así, en una era a la que se le ha denominado el Antropoceno desde el 2000, como una era en que el mundo está supeditado a los cambios que genera la intervención del ser humano con su presencia y la de sus desperdicios, un mundo de consecuencias humanas y un ser humano como ser causal. El tiempo actual, el tiempo presente, más que nunca, es un tiempo humano.

Así, podemos detectar algunas capas sobre las que se construye la percepción del tiempo en la historia, y que en cierta medida responde a las preguntas que se le hacen al concepto de la Historia del tiempo presente, donde se incluye nuestra percepción de la realidad como parte del sentido que se le dio al ser humano en su relación con el mundo a partir de las guerras mundiales, la bomba atómica y la guerra fría.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

Congressman Thanedar Engages Hispanic Community

By Rogelio Landin

This past Monday, Congressman Thanedar reached out to our Hispanic community in a first of its kind virtual Town Hall meeting. This online gathering was initiated by the Congressman primarily to listen and learn about our concerns and issues. It was an opening to an even longer and larger ongoing conversation, committing to an open-door relationship with us. He acknowledged our, first time ever, sizeable presence, (10 percent, 80,000 people), in the newly drawn Congressional district.

This event took on an even broader statewide scope with the participation of several outstate Hispanic leaders. The hope is that their involvement serves to galvanize our collective voices on issues of common concern. Together we can formulate pathways and guidance on policy reforms for our representatives to include in their/our legislative initiatives.

His commitment to understanding and working with our community took on national implications when he agreed to pursue caucusing with the Congressional Hispanic Caucus. The CHC has 34 members, voices and votes that could strengthen and support our state at a pivotal point, having just lost a seat due to population loss. A relationship with the CHC would also contribute to our state's efforts to become a sanctuary state, welcoming Hispanics, our state's fastest growing and our nation's largest minority population. This, coupled with Mexico's recent elevation to being our country's largest trading partner, provides a powerful mix of economic dynamics. This environment requires us to double down and recommit ourselves to multi-disciplined education and training at every level.

Congressman Thanedar serves on the Small Business and Homeland Security Committees in the U.S. House of Representatives, which are ideally positioned to support access to federal resources to establish and grow economic opportunities. With his commitment to closing the wealth gap, he is positioned to help us create public/private models of success.

The most important thing about this event is that it happened. It ended with a note of "to be continued" both virtually and in-person. LA SED has already stepped up and volunteered to host an in-person Town Hall. This meeting ushers in a new era of communication with our representative, providing a strong foundation for things to come.

I, for one, look forward to a relationship that will yield unprecedented results for our community. That said, this isn't the time to wait and see what he does; it's time to help him, help us. This is a call to action! What happens now will be largely dependent on our response to his outreach. We have a genuine opportunity to influence and shape our futures. This requires us to own our citizenship, including those on a path to citizenship, and take responsibility for our part in what is expected and required to experience governance as it should be; a true, authentic Democracy.

Rogelio Landin is most renowned nationally for leading LULAC in the precedent setting successful filing of an Amicus in the Bradley v. Milliken II (1976-1978) desegregation case. Winning a favorable ruling in this case served to protect and preserve Bilingual education and the designation of minority status as included in the Civil Rights Act of 1964. This case has had generational national and historical implications for the education of our children and continues to provide for the protection of Hispanic civil rights.

Rep. Shri Thanedar hosted a virtual Town Hall meeting to listen to the concerns of his Hispanic constituents

The virtual Town Hall was moderated by Rogelio Landin.

Dr. Kimberly Andrews Espy Installed as Wayne State University President

Wayne State University President Kimberly Andrews Espy, Ph.D. formally took the presidential oath of office on Tuesday, Aug. 22, 2023 during a ceremony in the Student Center Ballroom. The Honorable Eric L. Clay of the United States Court of Appeals for the 6th Circuit administered the traditional oath of office to President Espy who officially began serving as Wayne State's 13th president on Aug. 1. She is the first woman to serve in the role in the institution's history.

The Wayne State University Board of Governors voted unanimously on June 30 to elect Dr. Espy as president following a national search. She succeeds M. Roy Wilson, who held the role for the last decade.

Mark Gaffney, chair of the Board of Governors and chair of the presidential search committee, served as the event's master of ceremonies. Speakers delivered remarks on behalf of the board, the faculty, the student body, the administration, alumni and the search committee.

After the official swearing-in ceremony, President Espy shared brief remarks and greeted guests and supporters at a reception attended by Wayne State University students and faculty and community leaders.

Wayne State University President Kimberly Andrews Espy, Ph.D. is administered the oath of office by the Honorable Eric L. Clay of the United States Court of Appeals for the 6th Circuit

Guests in attendance at Dr. Espy's swearing in ceremony included, from left, Mary Carmen Muñoz, Eva Garza Dewaelsche, Belda Garza, WSU President Dr. Kimberly Andrews Espy, Gercia Orgando Matos, Laura Reyes Kopack, Diane Puhl, Elena Herrada, David Strauss and Dr. Jorge L. Chinea

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Dan Graschuck - *Sports Editor/ Journalist/ Photographer*
Ozzie Rivera - *Contributing Writer*
Dr. José Cuello - *Contributing Writer*

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Bistro Taco Pasta

Ingredients

For the taco pasta:

• 6 ounces pasta, such as whole-grain medium shells or rotini, dried
• 12 ounces lean ground beef
• 1 small yellow or orange bell pepper, chopped
• 1/2 cup poblano pepper, chopped
• 1/2 cup onion, chopped
• 1 (15-ounce) can reduced-sodium black beans, rinsed and drained
• 1 (14.5-ounce) can fire-roasted diced tomatoes, undrained
• 1 (8-ounce) can tomato sauce
• 3 cloves garlic, minced
• 1 teaspoon paprika
• 1/2 teaspoon ground cumin

Optional toppings:

• 1 avocado, pitted and peeled, chopped
• 1/2 cup cotija cheese, crumbled, can substitute Mexican blend cheese, shredded
• 1/3 cup plain Greek yogurt, optional
• 1/4 cup fresh cilantro, chopped

Ready In:

25 minutes

Step 1

In a 12-inch skillet, cook the pasta according to the package directions.

Step 2 -

Drain the pasta and set it aside.

Step 3 -

In the same skillet, cook the beef, the bell pepper, the poblano, and the onion over medium heat, while crumbling, until the meat is browned and the vegetables are tender, about 5-7 minutes.

Step 4 -

Drain the fat from the skillet.

Step 5 -

Add the black beans, the fire-roasted tomatoes, the tomato sauce, the garlic, the paprika, and the cumin to the meat mixture and cook, while stirring, until just boiling.

Step 6 -

Stir in the pasta and stir to heat through.

Step 7 -

Top with the avocado, the cheese, the yogurt, and the cilantro.

Step 8 -

Serve.

Frito Pie Casserole

Ingredients

• 1 pound lean ground beef
• 1 cup chopped onions
• 1 (1 ounce) package taco seasoning mix
• 2/3 cup water
• 1 (19 ounce) can enchilada sauce
• 1 (15 ounce) can black beans, drained, rinsed
• 1 (9.25 ounce) bag Fritos corn chips
• 2 cups Mexican cheese blend, shredded and divided
• 1/4 cup green onions, chopped
• 1 cup sour cream
• 1 cup guacamole, refrigerated

Directions

Ready In:

50 minutes

Step 1

Preheat the oven to 350 degrees F.

Step 2 -

Spray 9x13-inch glass baking dish with nonstick cooking spray.

Step 3 -

Cook the beef and onions over medium-high heat in a nonstick frying pan, stirring frequently, until brown, about 6-8 minutes. Drain the fat from the pan.

Step 4 -

Stir in the seasoning mix and water.

Step 5 -

Bring the mixture to a boil, then reduce the heat to medium.

Step 6 -

Simmer uncovered until thickened, about 3-4 minutes.

Step 7 -

Stir in the enchilada sauce and black beans and cook until heated through, about 1-2 minutes.

Step 8 -

Place 4 cups of the corn chips in a single layer in a baking dish.

Step 9 -

Top with 1 cup of the cheese.

Step 10 -

Spoon the beef mixture over the cheese and top with the remaining 1 cup of cheese.

Step 11 -

Bake in the oven until the cheese is melted and the edges are bubbly, about 18-20 minutes.

Step 12 -

Top with any remaining corn chips and the green onions.

Step 13 -

Serve with sour cream and guacamole.

Copa Motor City Raises Nearly $10,000 for Clark Park Coalition in 8th Annual Soccer Tournament

Photos by Orlando Espana

The 8th annual Copa Motor City soccer tournament raised nearly $10,000 for the Clark Park Coalition. The event, held on Sunday, August 20th brought together over 250 people at Clark Park for a day of exciting soccer matches, family fun activities for kids, live music by DJ Cisco, and a market with local vendors. Prizes sponsored by the vendors were given away in a raffle, the top prize of a Roku TV went home with one of the players.

This year, Copa Motor City expanded its reach with its fourth e-sport tournament for both PlayStation and Xbox gamers. The field contained 36 players from across the country, showcasing the growing popularity of e-sports beyond Detroit and Michigan. Each player had the opportunity to stream their matches on platforms like Twitch, engaging a wider audience.

General Motors emerged victorious in a thrilling match against the formidable team from Ford in the semifinals before ultimately securing the championship title against Flagstar on the last game of the day. Ford claimed the bronze medal after a penalty shootout victory against Deloitte. On the e-Sports Tournament, Jorge de Jesus Hidalgo showcased exceptional gaming skills and took home the gold on Xbox. The PlayStation final between Terrance Dwamena and Phillip Asaju will be played and streamed on August 30th.

Beyond the excitement of the competition, Copa Motor City remains committed to its primary goal of giving back to Southwest Detroit community. The funds raised from the tournament will support the Clark Park Coalition, local organizations, and provide scholarships to deserving local students. Copa Motor City continues to foster community engagement and enjoyment through the beautiful game of soccer.

For more information about Copa Motor City and future events, please visit www.copamotorcity.com or send an email to copamotorcity@gmail.com

2023 Copa Motor City is sponsored by General Motors Latino Network, Stellantis, Ford Motor Company Hispanic Network, Flagstar Bank, Deloitte, The Ideal Group, Latinos @ Amazon, GTB, Channel 4, and the Michigan Hispanic Chamber of Commerce.

MSU and U of M Season Begin This Weekend !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Last weekend, the NCAA College Football season began.

The Michigan State University Spartans begin the season at Spartan Stadium, in Lansing, hosting the Central Michigan Chippewas, Friday, September 1st at 7:00 pm (FS1).

The University of Michigan Wolverines, begin their season, at the Big House, in Ann Arbor, hosting the East Carolina Pirates, Saturday, September 2nd at 12:00 pm (Peacock).

Photos below are both the Wolverines and Spartans 2023 schedule

University of Michigan Wolverines 2023 schedule

East Carolina	Sat, Sep 2 12:00 PM	UNLV	Sat, Sep 9 3:30 PM	Central MI	Fri, Sep 1 7:00 PM	Richmond	Sat, Sep 9 3:30 PM
2 Michigan	▶ 42:06	2 Michigan		MI State	▶ 42:06	MI State	
Bowling Green	Sep 16 7:30 PM	Rutgers	Sep 23 12:00 PM	10 Washington	Sep 16 5:00 PM	Maryland	Sep 23 3:30 PM
2 Michigan		2 Michigan		MI State		MI State	
2 Michigan	Sep 30 TBD	2 Michigan	Oct 7 TBD	MI State	Sep 30 TBD	MI State	Oct 14 12:00 PM
Nebraska		Minnesota		25 Iowa		Rutgers	
Indiana	Oct 14 TBD	2 Michigan	Oct 21 TBD	2 Michigan	Oct 21 TBD	MI State	Oct 28 TBD
2 Michigan		MI State		MI State		Minnesota	
Purdue	Nov 4 TBD	2 Michigan	Nov 11 12:00 PM	Nebraska	Nov 4 TBD	MI State	Nov 11 7:30 PM
2 Michigan		7 Penn State		MI State		3 Ohio State	
2 Michigan	Nov 18 TBD	3 Ohio State	Nov 25 12:00 PM	MI State	Nov 18 TBD	7 Penn State	Nov 24 7:30 PM
Maryland		2 Michigan		Indiana		MI State	

Michigan State University Spartans 2023 schedule

Verlander Wins 100th Game At Comerica Park !!!

This past Sunday, the Houston Astros came to Comerica Park and beat the Detroit Tigers, 17-4.

Former Detroit Tiger pitcher Justin Verlander took the mound for the Houston Astros.

Verlander received a standing ovation when he took the mound, and pitched 5 scoreless innings, during the game.

When Miguel Cabrera came up to pitch, Cabrera tipped his hat to Verlander and Verlander tipped his hat back to Cabrera in signs of respect.

Verlander was able to get Cabrera out, the two times they faced each other, but Cabrera hit a three run homerun later in the game

Justin Verlander photos by: Mike Alberts/ EL CENTRAL

WILD WEATHER CAN'T STOP CITY

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

Pouring rain, blazing sun, and a lightning delay couldn't prevent Detroit City FC from bringing home three crucial points from Birmingham over the weekend.

Needing a win to leapfrog FC Tulsa and The Miami FC into the last playoff spot, a limited roster traveled south last weekend.

Trevor James' side missed the creativity of Dario Suarez and the tenacity of Yazeed Mathews up front. James had Abdoulaye Diop back from injury, but left him and Maxi Rodriguez on the bench as unused substitutes. That still left the solid defense to try and steal a result from a team nine points and three places higher in the Eastern Conference table.

Resorting to the well used tactic of absorbing pressure, DCFC negotiated the early exchanges comfortably. However, an inept referee making poor decisions put them behind the eight ball near the half hour mark. The man with the whistle, Greg Dopka, awarded a phantom penalty to the home side when Rhys Williams slid his body in front of Enzo Martinez to shield the ball out of play. Williams did well to cut in front of Martinez, but the Legion forward fell spectacularly and the referee bought it. Neco Brett easily dispatched the kick to give Birmingam a 1-0 lead.

Incensed at being wronged, Le Rouge pressed forward with captain Stephen Carroll cutting out a pass and sending the aggrieved Williams into the opposition area. Ben Morris steered in Williams' low cross from the left just two minutes after the Legion had been gifted the lead. Parity lasted seven minutes before Dopka gave the Legion another questionable penalty. Michael Bryant played a bouncing ball poorly and made a lunge that forced the referee to think. Even though the ball went out of play and the attacker would have never kept it in, Dopka awarded a second penalty. Martinez put the Legion back in front, sending Nate Steinwascher the wrong way.

Now the City boys had a real chore. They surely felt that there were two opponents on the field, the Legion and the referee. Having been gifted two goals, though, the Legion generously gave them both back. First, Morris intercepted a lazy pass in the Legion back line and from nearly fifty yards passed the ball into a strangely empty goal. Legion goalkeeper Matt Van Oekel had wandered well out of the area and at an angle so wide as to be unable to recover. He watched the ball roll into the goal from distance.

Before halftime, City took the lead against the run of play when the Legion finally repaid the both gifts they had received. Morris cut in from the left and toe-poked the ball towards the middle where Legion defender Phanuel Kavita directed it into his own goal. Justice done as far as DCFC was concerned.

The Legion hit a post and rattled a shot off the crossbar during a second half interrupted late on by a lightning delay, but Le Rouge tightened up the defense enough to walk away with full points. The Legion dominated every attacking statistic except for the scoreboard, which was all that mattered to City. An away win when the team has been desperately trying to get back into the playoff picture will be most welcome.

Now, DCFC returns home this weekend to meet a team higher up the table in Memphis 901. The teams played out a goalless draw on an oppressively hot night in Tennessee during Father's Day weekend. For this holiday weekend, DCFC cannot afford to let up. They hold the final playoff spot, but their hold is tenuous and will require that they continue to win games. The Legion is just six points, two wins, ahead in the seventh spot. With eight games remaining in the regular season, that's not an unreasonable target. If the attack can just produce a bit more consistently, there is every chance of at least a first round road playoff game.

SPAIN'S CRISIS

Spain's women's football reached the pinnacle of the game less than two weeks ago. They played beautiful football, reminiscent of the great men's team from 2008-2012 that won two Euros and a World Cup. They incorporated the tiki-taka style of Barcelona into a team with some real cutting edge up front. They should still be celebrated and celebrating.

Yet somehow, the win has laid bare issues in Spanish football which had been kept from the spotlight for years. The country may be experiencing what been termed as its "me too" moment. Luis Rubiales, currently head of the Spanish football federation, committed two acts seen on worldwide television that defied norms. Perhaps imitating Argentine goalkeeper Emiliano Martinez, Rubiales thought it would be a good idea to celebrate the World Cup by grotesquely grabbing his crotch just feet away from Spain's Queen Letizia and her 16 year old daughter the Infanta Sofia. Then, during the medal presentations, he grabbed Jenni Hermoso by the head and forced an unwelcome kiss on her lips which has also been seen around the world.

Rubiales and the federation have made it even worse since, threatening legal action against the player. Even controversial coach Jorge Vilda has eventually issued a statement denouncing Rubiales' action. Given that a dozen players refused to return to the national team while Vilda remains, that's something. Eventually a total of 58 players have refused to turn out for the national team while Rubiales remains at the federation. 11 members of Vilda's staff have resigned. Clubs across Spain, including men in La Liga, and even in the NWSL have made clear demonstrations against Rubiales. The federation has now set up crisis meetings.

FIFA finally got involved and suspended Rubiales for an initial 90 days. UEFA, of which Rubiales is a vice-president, has made no comment whatsoever. It's a silence that stands out. Rubiales' position has become untenable as Spain's brilliant football has now been totally overwhelmed by the actions of the federation president. Rubiales has vehemently refused to resign and was applauded for doing so last week. If Spain wants its women to continue to grow and progress on the field and in its culture, he and others who behave like him will have to go. That's going to require overdue action quickly to save whatever goodwill remains between the country's leadership and its world champions.

Southfield A&T Defeats Cass Tech (29-27)

To Kick Off High School Football

Southfield A&T (previously ranked #4 in the state) defeated Cass Tech (previously ranked #2 in the state) 29-27, at the Xenith Prep Kickoff Classic, hosted at Wayne State University's Adams Field.

Southfield A&T quarterback Isaiah Marshall (will be attenting Kansas University) ran in a 16-yard touchdown with 54 seconds remaining to take the lead.

Xenith Kickoff Classic hosted 3 days of outstanding games last weekend.

Photo below are highlights the Southfield A&T vs. Cass Tech game.

Photos by Adam J. Dewey

Southfield A&T QB #8 Isaiah Marshall making a play. Marshall ran in a late game winning touchdown with only 54 seconds left in the game

EDITORIAL OPINION

"Grand Theft - California?"

By Raoul Lowery Contreras

Ignorant people claim California never belonged to Mexico. They bristle at the charge the United States criminally stole California from Mexico.

California was legally part of Mexico and, yes, the United States stole California and what is now Nevada, Utah, Arizona, New Mexico, Colorado and parts of Oklahoma and Kansas from Mexico in a crime Vladimir Putin would be proud to author.

Who said so? Congressman Abraham Lincoln on January 12, 1848, in a speech that exposed President James Polk's attack on Mexico in Mexico in 1846.

Lincoln: "The President… declares that the soil was ours on which hostilities were commenced by Mexico…it was incumbent upon him to present the facts from which he concluded the soil was ours, on which the first blood of the war was shed. I…show that the whole of this — issue and evidence — is, from beginning to end, the sheerest deception… he ordered General Taylor into the midst of a peaceful Mexican settlement, purposely to bring on a war… having it now settled that territorial indemnity is the only object, we are urged to seize…all the whole province of Lower California to boot, and to still carry on the war— to take all we are fighting for, and still fight on. So, again, he insists that the separate national existence of Mexico shall be maintained; but he does not tell us how this can be done after we shall have taken all her territory."

Ohio State University history professor Alan R. Millet (Colonel, USMCR ret) wrote in his "Semper Fidelis- History of the United States Marine Corps, p.74) that President Polk sent a secret agent, 33-year-old U.S. Marine Corps Lieutenant Archibald H. Gillespie (for whom El Cajon's air field is named), a "Spanish-speaking adventurer who arrived in California as Polk's personal secret agent" to organize illegal alien Americans into a fighting force to take over the Mexican port and town of San Diego. Yes, that's "illegal alien Americans."

Coincidence? American troops are ordered to invade Mexican territory to provoke a war to grab real estate… American troops invade Mexico 1200 miles from California to dispute the local land between one river and another. Before that happened Lt. Archibald H. Gillespie (USMC) was personally ordered by President Polk to travel aboard a U.S. Navy ship to San Diego – in civilian clothes to organize a military "Putsch" against a small contingent of Mexican soldiers to claim California. Coincidence?

In his 1848 speech, future President Lincoln charged that President Polk "purposely," as he put it, provoked a war with Mexico by invading Mexican territory.

Was California a part of Mexico before 1846? Yes. Mexico City appointed governors and garrisoned Mexican soldiers in California from the moment the Spanish were driven out of Mexico in 1821. Mexico City's California governors gave land grants that, properly documented, were ratified later by American courts. Mexicans in California that continued to reside one year after the war-ending Treaty of Guadalupe Hidalgo was ratified-- automatically became U.S. citizens. But, they had to be Mexican citizens to qualify.

So, if California wasn't part of Mexico, how could the United States legally include California into the treaty with Mexico that gave it and the rest of the Southwest to the United States? How could the United States automatically make Californians U.S. citizens if they weren't Mexicans to begin with? The treaty stated Mexican citizens only qualified to be U.S. citizens.

Revisionists who claim to absolutely know that the U.S. didn't steal California are wrong. Lincoln's position is supported by Colonel Allan R. Millet (USMCR, ret) and his exposure of Marine Lt. Archibald H. Gillespie and his secret mission to California to organize a covert force to take it over when the planned war started. President James Polk was the head conspirator to steal California.

California was stolen by the United States!

Mexico City was occupied by the United States Army and the Mexicans were told the U.S. would occupy Mexico City and the Port of Vera Cruz until it signed and ratified the treaty.

That is called extortion. That's criminal. California was stolen from Mexico.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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Detroit, MI 48226
Misa: Dom 9am

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Inspiring Quote of the Week !!!

"One sees great things from the valley; only small things from the peak."

- G.K. Chesterton

Probation Officer Vacancy Announcement

U.S. District Court, Eastern District of Michigan – Probation Officer Vacancy Announcement at http://www.mied.uscourts.gov. Be a part of a great team located in Detroit, MI. Law enforcement position that assists in the administration of justice and community safety. Professional and friendly work environment, great benefits and flexible schedule. EOE

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Jury Specialist Vacancy Announcement

U.S. District Court, Eastern District of Michigan – Jury Specialist Vacancy Announcement at http://www.mied.uscourts.gov. Be a part of a great team located in Detroit, the employee performs administrative and customer service work to coordinate and prepare qualified jurors for jury selection. Professional and friendly work environment, great benefits and close to the downtown amenities. EOE

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HOW TO APPLY FOR THE NEIGHBORHOOD OPPORTUNITY FUND

CITY OF DETROIT

WHAT IS THE NEIGHBORHOOD OPPORTUNITY FUND?

Funded through the City of Detroit's Community Development Block Grant (CDBG) public service annual allocation, the Neighborhood Opportunity Fund program provides grants to non-profit and neighborhood service organizations to improve the social condition of low-income residents in the city.

FUNDING PRIORITIES

- EDUCATION
- SENIORS
- HEALTH SERVICES
- YOUTH RECREATION
- PUBLIC SAFETY

APPLICATION KEY DATES

- **BEST PRACTICES WORKSHOP**
  August 1, 2023
- **1ST APPLICATION WORKSHOP**
  September 6, 2023
- **APPLICATION OPENS**
  September 18, 2023
- **2ND APPLICATION WORKSHOP**
  October 4, 2023
- **APPLICATION SUBMISSION DEADLINE**
  October 19, 2023

APPLICANT ELIGIBILITY CHECKLIST

At a minimum, all applicant organizations must meet the following **THRESHOLD ELIGIBILITY:**

- ❑ Meet HUD National Objective (serves low to moderate income individuals)
- ❑ Attend NOF application workshop or view webinar
- ❑ Complete and submit proposal(s) by the deadline
- ❑ Read and sign Application Certification forms
- ❑ Has a board with at least five (5) members, which meets at least twice a year
- ❑ Has 501(c)(3) status prior to applying for proposal
- ❑ Has at least two (2) years of operation and proof of operations
- ❑ Has no unresolved government audit and monitoring problems (i.e., tax, legal, etc.)
- ❑ Submit most recent fiscal year cash flow statement, financial statement and if available, recent audit
- ❑ Submit current Michigan Annual Non-Profit Report
- ❑ Submit Recorded Articles of Incorporation
- ❑ Applicant's organization has provided proof of operating cash on hand (at least 7 % of the request)
- ❑ Submit Current Certificate of Good Standing (obtain Certificate here)

ALL APPLICANTS MUST REGISTER WITH THE CITY OF DETROIT'S SUPPLIER PORTAL

QUESTIONS?
Contact **Tamra Fountaine Hardy** at fountainet@detroitmi.gov.

REGISTER FOR THE BEST PRACTICES WORKSHOP BY CLICKING HERE

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May 2021

Salud/*Health*

This Fall, Older Adults Should Protect Their Health

(StatePoint) With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

• Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

• Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

• Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

• COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 infections.

• RSV. Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

The following health screenings are commonly recommended for older adults.

• Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

• Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

• Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

• Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.

• Mental health checkup. Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

Este otoño, los adultos mayores deben proteger su salud

(StatePoint) Ahora que se acerca la temporada de resfriados y gripe, es hora de protegerse, no solo de esas amenazas estacionales, sino también de otros riesgos para la salud.

"Durante las vacaciones, nuestras vidas se vuelven muy ocupadas con familiares y amigos", dijo el Dr. J.B. Sobel, director médico del negocio Medicare de Cigna Healthcare. "Antes de eso, tómese el tiempo para asegurarse de recibir la atención preventiva que necesita para mantenerse saludable".

La atención preventiva es fundamental para todos, pero particularmente para los adultos mayores, y especialmente en otoño, cuando los riesgos pueden aumentar, dijo Sobel. Las recomendaciones varían según la edad, el sexo y el estado de salud, pero las siguientes son algunas de las más comunes para las personas mayores, según Sobel.

Vacunas

Hay una serie de vacunas que los adultos mayores deben considerar para protegerse. La gripe y la neumonía, por ejemplo, se encuentran entre algunas de las causas más comunes de muerte de personas mayores. No existe un enfoque único para la vacunación. El momento y la frecuencia varían según su historial médico. Pregúntele a su proveedor de atención médica qué vacunas son apropiadas para usted.

• Gripe. Esta vacuna se administra anualmente, generalmente antes de finales de octubre, y está diseñada para coincidir con las últimas cepas de gripe en circulación.

• Neumonía. La administración varía según el historial médico. Si tiene 65 años o más y nunca antes se ha vacunado, es probable que necesite dos inyecciones, que se administran con un año de diferencia.

• Herpes zóster. Los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan dos dosis de la vacuna contra el herpes zóster para adultos sanos de 50 años o más, con un intervalo de dos a seis meses, para prevenir el herpes zóster y sus complicaciones relacionadas.

• COVID-19. Pregunte a sus médicos sobre las recomendaciones actuales para la prevención de infecciones por COVID-19.

• VRS. A principios de este año, la Administración Federal de Medicamentos aprobó dos vacunas distintas para abordar el virus respiratorio sincitial (VSR) en adultos mayores. El VSR, una infección respiratoria común, generalmente causa síntomas leves parecidos a los de un resfriado, pero puede ser más grave en adultos mayores y niños. Hable con su médico sobre si debe recibir la vacuna contra el VSR.

Exámenes de salud

Los siguientes exámenes de salud se recomiendan comúnmente para los adultos mayores.

• Mamografía. El cáncer de mama es la segunda causa principal de muerte por cáncer en mujeres en los Estados Unidos, según los CDC. Toda mujer está en riesgo y el riesgo aumenta con la edad. Afortunadamente, el cáncer de mama a menudo puede tratarse con éxito cuando se detecta a tiempo. El Grupo de Trabajo de Servicios Preventivos de EE. UU. (USPSTF) recomienda que las mujeres de 50 a 74 años con riesgo promedio se hagan una mamografía cada dos años.

• Detección colorrectal. El riesgo de cáncer colorrectal aumenta con la edad. Los exámenes de detección pueden detectar pólipos precancerosos de manera temprana, de modo que puedan extirparse antes de que se conviertan en cáncer. El USPSTF recomienda la detección del cáncer colorrectal en adultos de 45 a 75 años. Aunque la colonoscopia es la prueba más completa, existen otras opciones que puede considerar con la ayuda de su proveedor.

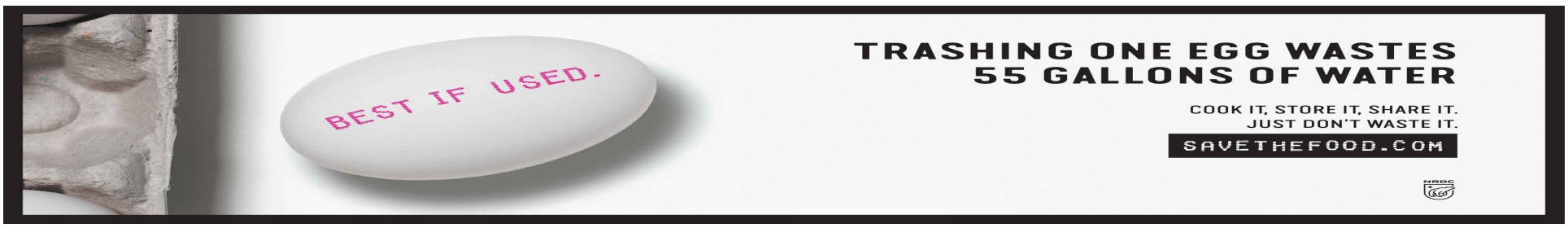
• Exploración de densidad ósea. USPSTF recomienda que las mujeres de 65 años o más, y las mujeres de 60 años o más con mayor riesgo, se hagan pruebas de detección de osteoporosis de forma rutinaria, una enfermedad en la que los huesos se vuelven débiles y quebradizos. La detección puede facilitar el tratamiento que ayuda a prevenir fracturas.

• Examen de la vista. Los exámenes oculares de rutina pueden identificar signos tempranos de enfermedades oculares que son más probables a medida que las personas envejecen. Las personas con diabetes en particular son propensas a sufrir retinopatía, lo que provoca pérdida de visión. Se recomienda que las personas con diabetes se realicen exámenes de retina anuales.

• Chequeo de salud mental. Muchas personas experimentan depresión estacional durante el otoño. La salud mental está fuertemente ligada a la salud física. Hable con su proveedor de atención médica sobre ambos, incluidos sus antecedentes personales y familiares. Pueden conectarlo con recursos adicionales de salud mental.

Para evitar sorpresas desagradables, Sobel sugiere hablar con su proveedor de atención médica, farmacéutico o asegurador sobre los costos de la atención preventiva. Afortunadamente, los costos suelen estar totalmente cubiertos por Medicare o Medicare Advantage, dijo.

La información contenida en este artículo no pretende sustituir el asesoramiento, diagnóstico o tratamiento médico profesional. Siempre busque el consejo de su médico u otro proveedor de atención médica calificado si tiene alguna pregunta sobre una afección o tratamiento médico y antes de emprender un nuevo régimen de atención médica.



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WAYNE STATE UNIVERSITY
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